

COURSE OUTLINE

HEED-101

Health and the World of Risk

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course will introduce students to the world of risk behavior as it relates to personal health. Through the examination of health and risk theory students will better understand why individuals make seemingly irrational and often dangerous decisions related to their personal health. Some of the familiar themes that will be explored include sexual risk taking, drug use and abuse, nutrition and others. Students will participate in the development and implementation of a campus health event during this course. (1 hour weekly)

Goals

1. Reduce overall health risk factors in student population at HCC.
2. Increase connection between student population of HCC and campus and local health services and resources.

A liberal education prepares students to lead ethical, productive, and creative lives and to understand how the pursuit of lifelong learning and critical thinking fosters good citizenship. General education courses form the core of a liberal education within the higher education curriculum and provide a coherent intellectual experience for all students by introducing the fundamental concepts and methods of inquiry in the areas of mathematics, the physical and natural sciences, the social sciences, the arts and the humanities, and composition. This course is part of the general education core experience at Howard Community College.

Overall Objectives

Upon completion of this course, students will be able to:

1. Discuss current theories and models of health behavior.
2. Describe current theories of risk-related behaviors as they relate to health status.
3. List relevant areas of health that are particularly affected by risky behavior.
4. Provide examples of predictors of high-risk health behaviors.
5. Identify campus and community resources related to health services.
6. Describe basic communication techniques involved in providing community health education.
7. Explain the logistical steps in coordinating a small campus health event.
8. Demonstrate increased understanding of the importance and complexity of coordinating a health event, by participating in the development of related materials; advertising, handouts, posters etc.

Major Topics

1. Theories and models of health behavior.
2. Theories related to risk behavior.
3. Risk related behavior in various topic areas, such as sexuality, drug use and abuse, and nutrition and exercise, etc.
4. Campus health services.
5. Community health services.
6. Principles of community health education.
7. Coordination of a health-related event.

Course Requirements

Grading/exams: Specific assignments and procedures for evaluating student performance will be described in the individual class syllabus, but will include the following:

- Written exams (2)
- Written description of 2 community health resources
- Development of 1 advertising piece for campus health event
- Participation in development and implementation of campus health event

Writing: This course will require writing in its assignments (two 1-2 page reports on a local health service).

Other Course Information

This course is an Interdisciplinary and Emerging Issues core course.